

Will guilt get the better of you?

Spa treatments get more OTT by the minute, but this is a blinder: in Paris, the Four Seasons Hotel George V (www.fourseasons.com) offers the £335 "24 carat gold treatment": two therapists, two hours of cocooning body treatment plus facial, featuring massage oil mixed with particles of 24-carat gold to make the skin "better protected against harmful environmental influences" — though there were mixed results for Shirley Eaton in *Goldfinger*.



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It's a bum thang

In 1968, it created the definitive celebrity retreat: Amanpuri, in Thailand. Two decades on, Amanresorts (www.amanresorts.com) unveils a fifth lodge at Amankora, its outpost in Bhutan. Usual rules apply — king-size beds, high ceilings, trad wood-burning fireplace and an exotic setting in the valley of Bumthang, which translates as field ("thang") of beautiful girls ("bum"). How lovely.



B&B on your best behaviour

You don't want them to come home with an Asbo, so take them to the Devonshire Arms Country House Hotel, in North Yorkshire (www.devonshirehotels.co.uk).

For £249pp, the 1st Impressions course next month takes teenagers through the basics of perfect behaviour: handshakes, polite conversation, table manners, positive postura. Tell them if they're really good, they can have *Mortal Kombat* for Christmas.

Canary mellow

"Stylish" and "Lanzarote" have never belonged in the same sentence — until now. Finca Malvasia (00 34 92 817 3460, www.fincamalvasia.com; £97 a night for a home for four) brings new designer credentials to bear upon a simple guesthouse in the Canary Islands. Four vividly furnished apartments are built of bright, white stone, around a lagoon-style pool: a homage to late local architect Cesar Manrique. Great views of mountains and vineyards — and a library, in case the winter sun decides to holiday elsewhere.

Murder most fowl?

It's all cooking in St Lucia, at the Food and Rum Festival (November 1-4). At Discovery at Mangot Bay resort (www.discoverystlucia.com), Oprah Winfrey's chef, Art Smith, will be giving live cookery demonstrations: expect pistachio-crust chicken breast, and hummingbird cake — which is, in fact, a feather-free sponge.

